February 19, 2021
Issue #42

Annabelle Otto,
Host of
"A Growing Business"

The Crazy Wisdom Weekly

shining a light in the dark

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

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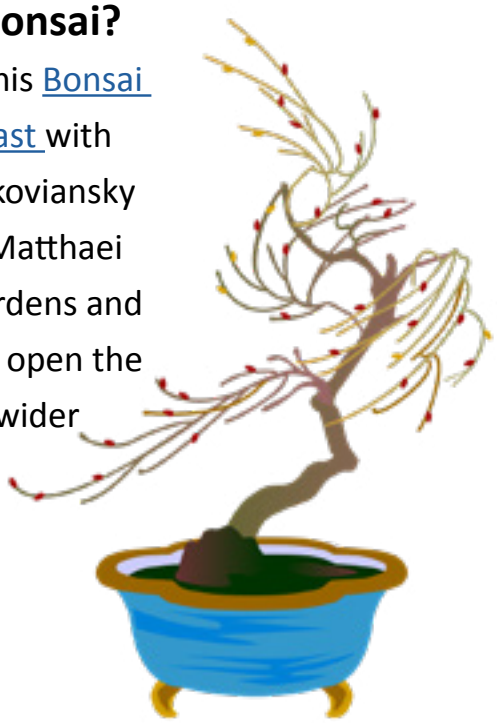
The Crazy Wisdom Weekly

Love Bonsai?

Check out this Bonsai Wire podcast with Carmen Leskoviansky about the Matthaei Botanical Gardens and her desire to open the bonsai door wider to women.



The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

Table of Contents

Word of the Week ..... page 4

The Buzz About *A Growing Business*
By Annabelle Otto..... page 6

What's Up in Our Community
with Renee Roederer..... page 8

Crazy Wisdom Poetry Series..... page 10

Love and Coffee
By John Roos..... page 12

Crazy Wisdom Book Pick of the Week
By Kim Gray..... page 13

Focus On Connection
By Sheri Stankorb-Geiselman..... page 14

The Crazy Wisdom Weekly Calendar..... page 16

A Final Thought..... page 18

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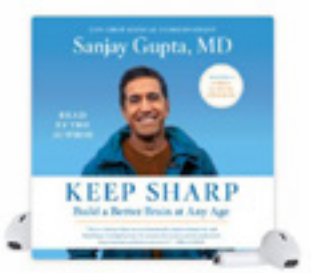

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Annabelle Otto
Renee Roederer
John Roos
Sheri Stankorb-Geiselman, LMSW
Kim Gray
Carol Karr
Jennifer Carson
Bill Zirinsky

Word of the Week:

Accismus

A form of irony in which someone feigns indifference to something he or she desires.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

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for Meditation and Spiritual Inquiry

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Designed to support beginning and intermediate level students; experienced students are welcome.
Registration and information: DeepSpring.org

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THE BUZZ ABOUT
A Growing Business

A new Youtube show featuring Eco-friendly Michigan Businesses

By Annabelle Otto

I never thought my career would entail interviewing fascinating entrepreneurs, cuddling with cows, and immersing myself in topics I'm truly passionate about. But here I am, writing to you about a new YouTube show I'm hosting called "A Growing Business," a docu-series focusing on any project that can "grow" our economy in a sustainable, eco-friendly direction. More and more people are committing themselves to healing our planet: we want to talk to them!

Businesses have a lot of power and amazing things happen when that power is used for good. By exploring eco-friendly concepts and business ideas, A Growing Business hopes to inspire both everyday people *and* entrepreneurs to learn more about attainable and scalable ways we can build our communities and change the planet for the better.

Cow sanctuaries. Beekeeping. Garlic farming. Regenerative agriculture. Each episode explores an intimate world of its own. Each topic is as deep as the ocean. The entrepreneurs we interview inspire awe and respect for the dedication to their small businesses, and we want you to be included. This show is a celebration of the earth, and a celebration of sharing knowledge so we can all move forward into a greener future.

As much as we want to inspire the viewers of this show, I also want to thank the entrepreneurs we have already interviewed for allowing us to step into their world. Sometimes it's uncomfortable to talk about yourself, but everyone's story is important, and you deserve a little light shined on you. With what we're experiencing in the world right now, we *especially* need to make more of an effort to lift each other up.

I've never experienced a sense of community as I have the past few months while filming and developing this series. My dad's side of the family is from Ann Arbor, and I was born at St. Joe's; learning about this city and the people who are working to protect its values gives me an amazing sense of hope. One of the most important things I've learned is that while the problems facing our planet are overwhelming, we need to band together as small communities *first* in order to make those large-scale changes we desperately need. Everything starts with a small seed; with compassion and cooperation, Ann Arbor and the surrounding areas have nourished these seeds into thriving gardens. The people planting these seeds aren't just standing by—they're working hard to make a difference.

Randy and Sandy Graichen of Heart of the Hive make a difference every summer when they run the Beekeeping School at SEMBA. Sandy Graichen is the president of The Southeastern Michigan Beekeepers Association (SEMBA), which has provided support to those interested in bees and beekeeping for over eighty years. When they're not teaching people about keeping bees, Randy and Sandy Graichen carefully tend to their bees and collect about 700-900 pounds of honey each year.

The property at Goloka Prema Dhama Farm in Maybee, MI accommodates both an organic CSA *and* a cow sanctuary! A Growing Business did an interview with Dillon Kraus, who runs the CSA, and we also published a separate interview with Siddha Chhabra, general manager of the farm, and Mohammad Firouz, the primary cow caretaker. The community of Hare Krishnas who operate this farm believe in protecting cows because these gentle creatures give more than they take, their manure makes valuable compost for the CSA, for example. The presiding principle of this harmonious farm is "simple thinking, higher

What resources have you used to succeed? What other resources could you use? What ideas do you have for an eco-friendly business? What questions are out there?

We're here to help, and we're here to listen to your story.

Check out their website at agrowingbusiness.com, watch all the latest on our YouTube channel, and follow them on social media.

Instagram: https://www.instagram.com/agrowingbiz/

Twitter: https://twitter.com/agrowingbiz

Facebook: https://www.facebook.com/truicAGB/

Pinterest: https://www.pinterest.com/AGrowingBiz/

living," which means that living simply alongside the earth and its gentle creatures provides a rich sense of life in itself.

Ginny Blades of We Adore Flowers found her passion for being outside when she was a young girl working for her dad's landscaping company. That experience gave her the skills and confidence she needed to start her own landscaping business *and* a cut flower garden. Locally grown flowers using sustainable methods have a much smaller carbon footprint than commercially grown flowers that are flown around the world. Our interview with We Adore Flowers discusses how her organic, sustainable business contributes to her local community in Ypsi, MI. When we were about to sit down for the interview, I told Ginny, "I feel so much joy here." Walking around a quarter acre stuffed with flowers was the best day on the job I've ever had. (Or was my best day on the job wearing a pink beekeeping suit and handling bees at Heart of the Hive? I can't decide!)

Our country is brimming with small businesses that contribute in huge ways. Behind these enterprises are passionate people who form a strong community around them, not just with their business, but with their friendly attitudes and giving spirits. These are only *some* of the fantastic entrepreneurs we interview in the Southeast Michigan area. While we hunt for the next "growing business" to feature, we know for a fact that there are many more stories to be told.

A Growing Business is presented by TRUiC, The Really Useful Information Company. TRUiC believes that sustainability and eco-friendly practices are really useful information. And we believe that this information should be accessible to all, so everyone can do their best to take care of the earth with *the most accurate and useful information* available. There has never been an age of such accessible knowledge. If we take advantage of everything humanity has learned, we could make vital progress with the problems we face today.

Do you run a sustainable, organic, or otherwise eco-friendly business that seeks to help the environment in some way? Reach out to us if you're interested in scheduling an interview! A Growing Business really wants to hear from our viewers, too.

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What's Up In Our Community

with Renee Roederer of the Interfaith Roundtable

Renee Roederer is an ordained Presbyterian minister, a community chaplain, and the current director of the Interfaith Roundtable. You can learn more about her on her website Smuggling Grace.

Can you tell us a bit about the vision of the Interfaith Round Table of Washtenaw County?

The Interfaith Round Table of Washtenaw County is an interfaith dialogue community of people from across the spectrum of spiritual traditions who come together to highlight our commonalities, build mutual understanding around our differences, and explore pressing topics for our local region and larger world.

During a painful and disruptive pandemic, IRT has taken care to craft a highly connectional year. Though we're meeting virtually for the time being, we're building upon our 25-year legacy of interfaith dialogues through a 2020-2021 series we've entitled, "Transformative Conversations." These include sixty, virtual conversational events, all centered around unique, creative topics. These include interfaith discussion panels, anti-racism dialogues, book studies, meditative reflection events, lectures, and facilitated discussions. We view each of these events as an entry point to meet neighbors, provide support, and engage in interfaith cooperation.

People can visit our website at www.irtwc.org for more information, and if people would like to join our listserv, they can email me at roederer@umich.edu.

As you look at the new year, 10 months into the pandemic, what strikes you most about it, in terms of members of your spiritual community?

I've discovered that people are deeply committed to connection, even if we're in a long and necessary season of physical distancing. Connection is a vital, human need. It's also a part of transcendence. We need to know that we belong to a larger sense of community and meaning.

At IRT, I've been amazed that we've been able to build a sense of community across distance, and during these ten months, we've also welcomed many newcomers to our virtual dialogues. We should never underestimate the power of conversation.

Conversation connects us and helps us think about systemic issues and needs. It invites us into greater awareness of our values, and as we build relationships with one another, we discover that we are not alone in holding those values.

Were there distinct pleasures of the holiday season for your community even though it may have looked a little different?

For many people, there was certainly a sense of sadness in being unable to gather in person with their spiritual communities and extended families. I did see a number of instances in which people were wonderfully creative as they adapted spiritual practices and personal traditions during this time. As the Director of the Interfaith Round Table, I was touched to be invited as a guest to some of these moments. The holiday season initiated some grief, but alongside it, there was also a sense of ease in connecting virtually from our own living rooms. This made the experiences more casual in a sense, but also heartfelt and intimate as we honored the collective grief of this pandemic.

In your particular community, what can you tell us about how the pandemic has affected school-age-children? And what about the seniors in your community?

I once heard someone say, "Everyone is quarantined with the wrong amount of people." That's humorous but also true in some painful ways. Some are living alone without easy access to in person connection. Meanwhile, parents and children are quarantined together without much time to be alone. Both of these are uniquely challenging. I think we have to find creative ways to provide respite to one another while also being cautious to maintain public health guidelines.

We're all figuring it out as we go along. That can feel like building the plane while it's taking off, so it's helpful to be gentle with ourselves and know we're all learning and experimenting. And we can keep returning to models of interdependence and community-care: What do I need? What do you need? What can I provide? What can you provide?

The Ann Arbor area is a prosperous bubble, but not for everyone. We are surrounded by other cities and towns that are less prosperous. Please give us a sense of the challenges you have been witness to among members of your community.

This is such an important question. We know that some people in Washtenaw County were already falling through the cracks well before this pandemic, but the coronavirus has had cascading impacts that have increased the severity of economic and psychosocial needs. Within IRT, we seek to create a web of relationships among faith leaders, spiritual communities, and local neighbors so that when there is a need in Washtenaw County, people are able to coordinate resources and amplify their efforts as they find ways to help.

I have seen this happen in meaningful ways during the pandemic. To spotlight just a few efforts, I look at ways that the Muslim Community Association, Temple Beth Emeth, and St. Clare's Episcopal Church partner to address food insecurity through the Back Door Food Pantry. I see the work that RAAH (Religious Action for Affordable Housing) is doing to raise funds to decrease housing insecurity. I'm grateful for ways that a number of religious communities are partnering with the Washtenaw County Poor People's Campaign. And IRT provides access to a large number of virtual dialogues that help people feel social connection. I notice that people feel empowered when they gather, even virtually, because they are able to have conversations around spiritual values and [issues with] larger meaning. This, in turn, fuels the work we do collectively to meet basic needs in the community.

What have been the gifts of these pandemic months, from your vantage point?

I've been asking people, "When the pandemic eases, what do you want to do? Tell me a small thing and a big thing." I find that we have deep gratitude for small, daily tasks that we may have taken for granted before — hugs, dinner parties, live music, and more. But we may be dreaming of brand-new adventures as well, or even something that we've put off far too long. I look forward to these daily dreams and large-scale adventures coming to fruition for people.

What spiritual insights have most moved you during this time?

We are inextricably connected, even when we are physically distanced. When some are suffering, we are all more vulnerable. When people have their needs met, we are stronger collectively.

I believe so deeply in the power of connection. When we feel isolated, it's important to connect with one another intentionally, and it's vital that we check with one another, especially when we know that some are physically alone. These intentional forms of connection may involve voices, faces, and physical presence. Or they may feel like a sense of being deeply perceived and known through the expression of care or empathy.

My personal motto is this: "Connection changes everything." Connection doesn't always fix or solve every problem, but it always changes the situation. When we feel known, supported, and cared for, we have more energy, and we have more possibilities for finding resources should times become more difficult.

Connection changes everything. So, we add our comfort to each other, our strength to each other, our spiritual values to each other, and our dreams to each other.

Crazy Wisdom Poetry Series

hosted by
Ed Morin, David Jibson, and Rainey Lamey

Second and Fourth Wednesday of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Crazy Wisdom Poetry Series Featured readers

February 24 - Patricia Hooper is author of *Separate Flights* and *Wild Persistence*—the most recent of her five books of poetry. Her poems have appeared in *The Atlantic Monthly, Poetry,* and *Kenyon Review*, and have won six major awards. She is a U. of Michigan alumna and now lives in Gastonia, North Carolina.

February 24 - Dannye Romine Powell, newspaper editor and author of *In the Sunroom with Raymond Carver* and four other poetry collections, often depicts troubles with close relatives. She has published in *Ploughshares*, *Paris Review*, and *Poetry*. She once occupied the former bedroom of Sylvia Plath during a residency at the Yaddo Foundation's mansion.

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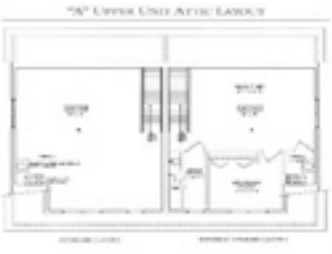

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Love and Coffee

By John Roos

I had an inkling that once we sent out the "Call for stories about love and coffee,",\ the flood gates would open, spilling out with beans and highly caffeinated cupids. After all, Kath and I (of Roos Roast) met through coffee. Coffee can do magical things.

So, we'll start off with our story, and you can find more here. Love and coffee is a thing and, clearly, RoosRoast is a matchmaking machine.

Quite a few years ago, when the Executive Director of the Ann Arbor Film Festival called and said she wanted to have RoosRoast as the official coffee of the Festival, I immediately went to my boss, Pete Van Buren, at Dunning Subaru and asked for a week off. Of course he said no.

He said, "hell no you can't have a week off to provide free coffee for a Film Festival!"

"Johnny, are you sure you want to even do that?" Pete thought for a second then said, "if you really want to, do it. You could use your vacation!"

"My vacation? What vacation?" I said back.

"You have a one week vacation coming..."

"This is going to be a ton of work, man, use my vacation?" But this was also a really big deal for my small side business of roasting coffee. How did the director even know about RoosRoast? I needed to do this.

After a minute I decided, OK fine, I'll use my vacation to single handedly roast, brew and supply coffee for a week to the movie goers at the Michigan Theater for the 46th annual Ann Arbor film festival and it's going to be the best coffee they ever tasted. That's how I saw, became obsessed with, and fell in love with my wife. The year is 2007.

It was really crazy how many forces were working in my favor for us to meet. The first one was a friend, Donna Ryen, who kept telling me about a nice Canadian girl who loved coffee and was going to introduce me to her. What is weird is that the same girl had a part in the Ann Arbor Film Festival, so before Donna was able to introduce me to Katherine Weider, she had already caught my eye.

The first time I saw her I noticed she was moving at a purposeful pace. She was really focused and didn't spend time lingering around talking. There was something cool about her. Mysterious? She and her group of art students had built an Animation Station. People could make an animation which would be uploaded to a loop on a screen and on the final day of the Film Festival the animations would play. Every time I saw her she was rushing by. There she goes. She must have a boyfriend. The Festival was flying by and I was running wild but I did get to ask her, "How about a cup of RoosRoast?" She declined saying she only drank espresso.

The next challenge was to bring in an espresso machine. When I checked into it the Michigan Theater freaked out. I wanted to cut some holes, run some lines, put in some plumbing and change an outlet—not in the historic Michigan Theater.

Well, the week went by and I never had the chance to speak with her again, but the big surprise came a month later when she called to buy a bag of coffee from me at work. I was feeling a bit embarrassed because I didn't think an artsy type like her would fathom buying coffee from a car sales consultant in a parking lot next to the dealership who also roasted coffee in a barn, but then she pulled up in a black 1998 Subaru Forester.

After she bought that first bag she kept on calling me to ask me what the combination was to the honor-system-self-serve-coffee-box I had set up at the Yellow Barn where I was roasting. Over the phone I'd joke with her and about the combination. "30-12-6 get your coffee fix."

Time went by and she learned the combination so she didn't call anymore. I bought a house and moved on from Subaru and RoosRoast was now a feature at the Farmers Market. One sunny day I was walking in my new neighborhood to go downtown and get some internet, and I saw a friend, Michael Flynn, working on a scooter in a driveway.

"Hey Michael, who's scooter is that?" I asked.

"It's Katherine's," Michael said.

"Katherine?" And that is when she walked out of the house. "Hey it's you the espresso girl."

"Hey it's you, the coffee Subaru man."

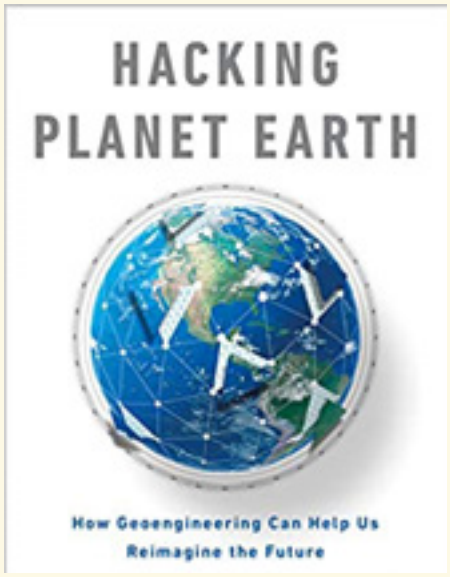
"Hi."

"Hi."

"Can I use your internet? I have an espresso machine at my house right up the alley..."

After using her internet she asked me to cat-sit. The rest is history. Our son is 10, he's named after Katherine's grandfather, Jozo, and she is the love of my life and my partner in RoosRoast.

Crazy Wisdom Book Pick of the Week

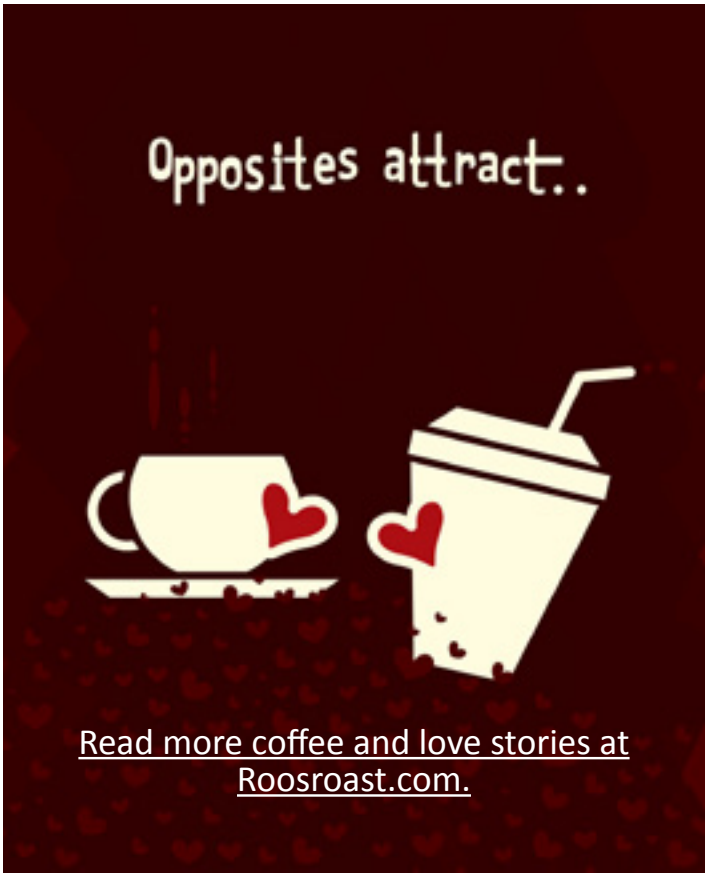


Hacking Planet Earth by Thomas M. Kostigen

For decades scientists and environmentalists have sounded the alarm about the effects of global warming. We are now past the tipping point. As floods, storms, and extreme temperatures become our daily reality, "Reduce, Reuse, Recycle" efforts aren't enough anymore. In Hacking Planet Earth, New York Times bestselling author Thomas Kostigen takes readers to the frontlines of geoengineering projects that scientists, entrepreneurs, engineers, and other visionaries around the world are developing to solve the problems associated with climate change.

From giant parasols hovering above the Earth to shield us from an unforgiving sun, to lasers shooting up into clouds to coax out much-needed water, Kostigen introduces readers to this inspiring work and the people who are spearheading it. These futurist, far- thinking, world-changing ideas will save us, and Hacking Planet Earth offers readers their new vision for the future.

Purchase your copy of *Hacking Planet Earth* at shopcrazywisdom.com.



From Issue #76, Winter 2021

Focus on Connection

By Sheri Stankorb-Geiselman

Parents are under a high degree of stress right now. Racism and its effects, a pandemic, an election year, environmental disasters—all are our backdrop as we surf waves of work and kids' schooling. Now more than ever, it's essential to bring ourselves—and our parenting—back to the basics.

Children's brains are primed for learning when they feel safe and connected. And when they're feeling *dis*connected, or a backlog of tension is keeping them stuck, they know just how to signal us for help. And oh—how we wish it could come in the form of clear, calm, direct words! A memo, perhaps, that says, "Dad, I'm really stressed—help me. Can you sit with me awhile so I can feel your presence? It would help me remember that I'm okay and will get through this." If only! More often it's wrapped in a package tailor-made to get our attention—and our goats—balky behavior, surliness, sibling teasing, tantrums, aggression, unreasonable demands. Sound familiar?

The beauty is that when parents understand the signals our kids send, we have an opportunity to give them what they need to get un-stuck: connection. And when connection is restored, they can once again think, finish their math, apologize to their sibling, be affectionate, do their chores—all the things that make family life flow well.

How to offer that connection? Hand in Hand Parenting is an approach that offers five simple tools for parents to build and restore connection and help things go more smoothly in families—especially during turbulent, uncertain times.

One tool—Special Time—is a pre-emptive way to fill kids' connection cups. When full, they can cooperate, think more clearly, willingly walk the dog, or practice their cello. It's the go-to tool for keeping family gears running well. It may look different with a toddler than a teen, but the underlying concept is the same—it's a way to meet their need for connection and bathe their system in the message that they are deeply wanted and liked. When there's discontent brewing or during transition times—returning to school, a move, changes in friend groups—Special Time can ease the way.

How does it work? Parents take five to 20 minutes to delight in their kid and follow their lead. No teaching, guiding, correcting, or rules. (What?!? Yep, aside from safety, now is the time to relax the rules). Your job is to set a timer, turn off your phone, remove all distractions, press pause on the eternal to-do list of your mind, put a twinkle in your eye, and bask in the wonder that is this young human at the heart of your family. Your job is also to say a hearty "Yes!" to whatever your child brings to you for those few minutes. This is one of the reasons the timer

is necessary—it's hard to be fully present for some of the things our children delight in! Yes, jumping on the bed! Yes, putting on makeup! Slime? Bring it on! It's not the time to bring your A-game to Candyland, either. Just let your child lead and be with her every step of the way.

Sometimes parents say, "Are you kidding? I'm with my kid 24/7, and you want me to do what?!" Really, I wouldn't recommend it if it weren't so powerful. Do an experiment. Put a warm smile on your face, and say to your child, "Let's do some Special Time. That means you've got me for the next ten minutes to do whatever you want." Set the timer, follow their lead, and see what happens. Often children are brighter and lighter after Special Time. Or, when the timer ends, a child may wisely use it as an opportunity to offload some tension with tears. Let them flow, and simply listen. No need to talk him out of them—he's so smart to use your attention in that way. And as a bonus, Special Time is a powerful antidote to parental guilt. You've completed a major item on the parenting to-do list when you've filled their need for connection.

Follow the Giggles

There's nothing quite like the power of laughter to hit the reset button in a tense child—or parent, for that matter. One mom was listening to her nine-year-old son's fears about the new school year. He was gnawing his fingernails, bit one off, and showed it to her, thoroughly grossing her out. She wanted to scold him, but remembered the connection "groove" they had built up over time: He would say or do something icky, then laugh uproariously at mom's discomfort. So, she looked at his fingernail, and said in an exaggerated way, with a smile in her voice, "Ewwwww! Get it away from me!" He took her cue and proceeded to delight in making mom squirm. She knew this interaction—and the laughter—could lighten the weight in his emotional backpack. Sure enough, after a couple minutes of this play, he settled down and said, "I feel so much better, Mom."

Roughhousing also gets the laughter going. Let your child best you. Dare them to tackle you, declaring yourself impossible to knock over. Give it your best, and let them take great joy in defeating you. This kind of play is gold for a child's nervous system, breaks up tension, and brings you closer together.

Read the rest of the article online for more tips to connect!

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The Crazy Wisdom weekly Calendar

Aromatherapy and Essential Oils

Creating Personalized Bath Collection with Karen Greenberg • Sunday, Feb. 28 • 2 p.m. • Choose from a massive collection of essential oils to create your own personalized bath collection to take home, to awaken, to believe in yourself, to help move you closer toward your life's purpose, for purity, for clarity, to envision, for inspiration, to surrender, for acceptance, for hope, for joy, for gratitude, for humility, for courage, for love, for clearing, for energy, for creativity, and for abundance. $125. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Book Discussion Groups

Dine and Discuss Distantly • Wednesday, Feb. 24 • 7 p.m. • We will be reading: The Words of My Father by Yousef Bashir. Create your own discussion group. Tune in to view a group discussion and a presentation by Linda Tomala. Registration required for video link. $10 for book and postage. Discussion is free. Contact 517-266-4000, or www.webercenter.org.

A Conversation with Naomi Klein • March 10 • 7 p.m. Join award-winning journalist, syndicated columnist, and best-selling author Naomi Klein for a virtual discussion of her latest book, On Fire: The (Burning) Case for a Green New Deal (2019). In it, Klein proposes that bold ideas and action could avert climate catastrophe and serve as a blueprint for a just and thriving society. Klein is a senior correspondent for The Intercept, a Puffin Writing Fellow at Type Media Center, and the inaugural Gloria Steinem Endowed Chair in Media, Culture, and Feminist Studies at Rutgers University. Register through Eventbrite.

Health and Wellness

Dialectic Behavioral Therapy: Distress Tolerance Basics • Tuesday, Feb. 23 • 8 a.m. • Learn skills for tolerating painful events, urges, and emotions when you cannot make things better right away. Learn tools to manage stressful situations and stay regulated under pressure. See all offered workshops, register, and learn more at HealingwithHannah.com.

Meditation

Nature Bath with Amanda Anastasia • Sunday, Feb. 21st • 11 a.m. • Soak in the high-vibration, healing energies of nature as we collectively engage in a guided meditative immersion that will bring you back home to all that you are. Led by Amanda Anastasia, yoga instructor and joy coach. Dress for the weather and look forward to feeling refreshed by the loving, warming connections we will make with all your relations - earth, wind, air and fire. Please contact Amanda to register at least three hours prior to the event. We will be meeting in various locations in Ann Arbor. Details will be emailed closer to the date. Approx. one-two hour workshop. Sliding scale fee: $33-$77. Contact Amanda at amahessling@gmail.com or www.joypriestess.com.

Weekly Meditation via Zoom • Sun. & Tues. • 11:00:00 AM • Offering the opportunity to meditate online every Sunday and Tuesday morning with others from far and near. Sunday at 11:00 am to 12 noon and Tuesday at 9:00 am. Eastern time. Contact Tana at om@deepspring.org for more information or visit deepspring.org.

Being with the Self: 5-Week Mindfulness Course • Tuesdays in March • 11:15 AM - 12:15 PM • In this 5-week course participants will learn formal mindfulness-based practices, beginning with a focus on attending to the body and breath, then moving to attending to other present moment experiences in sitting meditation. There will also be an invitation to explore 'informal mindfulness practices' and nature-based practices. Gain skills to be more present with yourself, to meet the mind and body with curiosity and compassion.See all offered workshops, register, and learn more at HealingwithHannah.com.

Sensational Gratitude Monthly Workshop • Wednesday, March 3 • 7 p.m. • Join us for mindful breathing, honoring Indigenous wisdom, diving deeper into your connection with the four elements through contemplative practices, greeting, feeling, and expressing gratitude to our senses and bodies. See all offered workshops, register, and learn more at HealingwithHannah.com.

Mindful Pause—Mindfulness of Feelings with the Weber Center • Thursdays, Mar. 4, 11, 18 • 4:00 p.m. • Mindfulness of Feelings invites us to sit quietly and to listen. Every path has a measure of fear and love. Every path has a measure of sorrow. Sometimes it is this that awakens us. Registration requested. Free. Contact the Weber Center at 517-266-4000 or webercenter.org.

Shamanism

Spirit Gardens with Judy Ramsey • Saturday, Feb. 20 • 9 a.m. • Join us to brighten winter doldrums. In this one-day workshop, learn how to manifest your dreams through shamanic gardening. You will learn how to "plant" your ideas and goals so that they grow into beautiful realities in your life. Knowledge of journeying is required. Fun is guaranteed. $75/person. Contact Judy at 517-480-4513; ramsey.judy003@yahoo.com or visit JudyRamsey.net

Introduction to Journeying • March 7 • 10 a.m. • 6 hr. class includes power animal retrieval and journeying to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. Learn more and register at shewolfshaman.com.

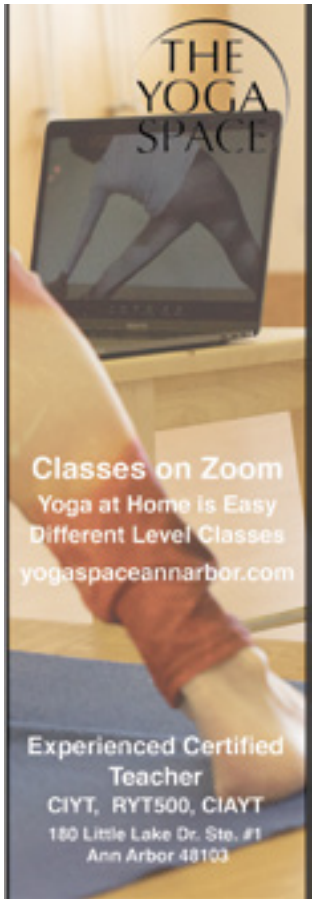
Spiritual Development

Unveiling your Divine with Susan Billmaier • Saturdays, Mar. 6, Apr. 3 • 3 p.m. • A landscape usually is viewed from one vantage point. What if you could expand that view that embraces a number of perspectives and possibilities? During this course, Wasentha will help to guide you in your process of discovery. You will learn to identify the colors, shapes, and veils that have shaped your inner landscape. Using writing, sounding, and art you will unveil parallel inner landscapes that will be foundational to developing a ritual to bridging the potential of living a life vibrating at a more divine frequency. $150. Contact Susan at 678-2071; evenstar.institute@gmail.com or evenstarschalice.com/institute.

Writing and Poetry

Writing and Healing with Susan Billmaier • Sundays, Mar. 7, 14, 21, 28; Apr. 4 • 7 p.m. • There are many ways to think about healing. We can support the healing of another, our own healing, the healing of Gaia and All That Is. Writing, like healing, is a mysterious and magical process. It is one way to explore and understand, if only in this moment, those aspects of life experience that are hidden yet waiting to be discovered. Here, writing is loosely held, encompassing many and infinite forms of self-expression. Join a small circle of healers who practice writing magic and creative expression to reflect on the work and the nature of healing. You may choose to keep your writing private and just for you or to share, if you wish. $135. Contact Susan at 678-2071; evenstar.institute@gmail.com or evenstarschalice.com/institute.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.



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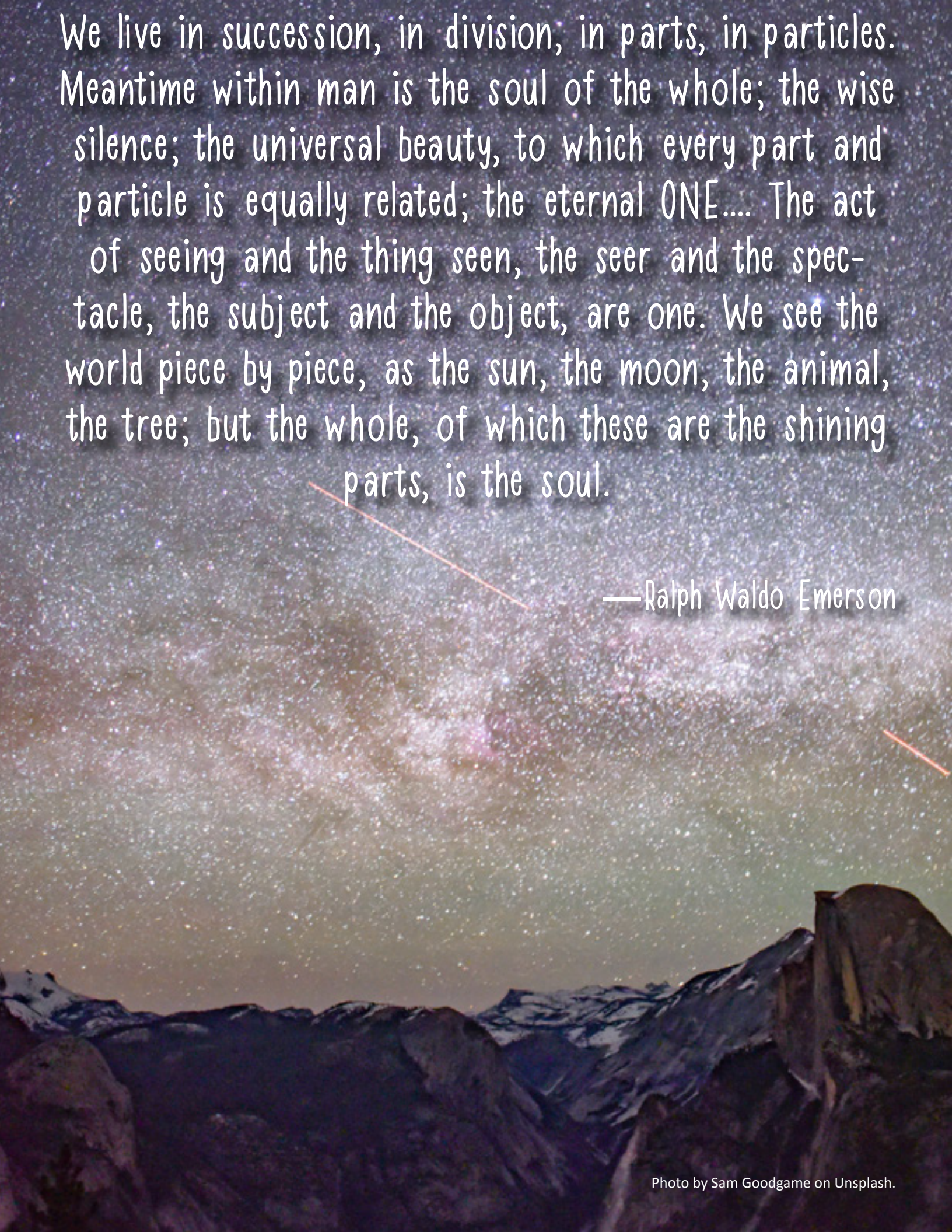
We live in succession, in division, in parts, in particles. Meantime within man is the soul of the whole; the wise silence; the universal beauty, to which every part and particle is equally related; the eternal ONE.... The act of seeing and the thing seen, the seer and the spectacle, the subject and the object, are one. We see the world piece by piece, as the sun, the moon, the animal, the tree; but the whole, of which these are the shining parts, is the soul.
—Ralph Waldo Emerson
Photo by Sam Goodgame on Unsplash.